

January

Commit to healthy living!

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Get checkups

Prevent injuries

Engage in healthy living

Safeguard your mental and physical health

Maintain a safe and healthy environment at home, work, and play



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information on
women's health, visit
www.cdc.gov/women

Celebrating
20 years

**CDC OFFICE
OF WOMEN'S
HEALTH**

OF PROMOTING WOMEN'S HEALTH